

" IRISH MESSENGER " SERIES

Help for the Holy Souls

A Collection of Indulged Prayers, etc., selected from
Beringer's Work on Indulgences (Paris edition, 1925)

BY

VERY REV. THOMAS CANON MACDONALD, P.P.

11th Edition—130th Thousand



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FOREWORD

This Collection is not offered as a complete list of Indulgenced Prayers. It is only intended to give, in a convenient form, some of the more common Indulgenced Prayers and Practices of Devotion. The numbers in brackets are those in the latest edition of Beringer's work on Indulgences (Paris, 1925).

CONTENTS

CONDITIONS FOR GAINING INDULGENCES	4
THE HOLY TRINITY—TO GOD OR GOD THE FATHER ..	6
TO GOD THE HOLY GHOST	9
PRAYER TO JESUS CHRIST AND THE INFANT JESUS ..	9
TO THE HOLY FAMILY	11
TO JESUS IN THE MOST HOLY SACRAMENT	11
TO THE SACRED HEART OF JESUS	14
JESUS SUFFERING AND DYING	17
OUR BLESSED LADY	18
ST. JOSEPH	22
ANGEL GUARDIAN	23
ST. MICHAEL	23
ST. THOMAS	23
DIVINE PRAISES IN REPARATION FOR BLASPHEMIES ..	23
FOR FIRST COMMUNION OF CHILDREN	24
PRAYER FOR PRIESTS	24
TOTAL ABSTINENCE PLEDGE	24
FOR THE SOULS IN PURGATORY	24
FOR DYING SINNERS	26
FOR A GOOD DEATH	26
MENTAL PRAYER, ETC.	26
ASSISTING AT A SERMON	26
PIOUS READING OF THE GOSPEL	27
KISSING A BISHOP'S RING	27
APOSTOLIC INDULGENCES	27
THE WAY OF THE CROSS	28
CRUCIFIXES INDULGENCED FOR THE WAY OF THE CROSS ..	28
THE ROSARY OF THE BLESSED VIRGIN	29
CROZIER INDULGENCES	29
CHAPLET OF ST. BRIDGET	29
DOMINICAN ROSARY INDULGENCES	30
MONTH OF MAY	30
MONTH OF JUNE	30
MONTH OF OCTOBER	31
FEAST OF THE HOLY ROSARY	32

ABBREVIATIONS USED.

S.Pent., Sacred Penitentiary.

B.I., Beringer on Indulgences. Vol. I.

HELP FOR THE HOLY SOULS

CONDITIONS FOR GAINING INDULGENCES.

1°. That a person may be capable of gaining an Indulgence for himself, he must be baptized, not excommunicated, be in a state of grace, at least when performing the last of the prescribed works, and be a subject of the person who grants the Indulgence. (Code of Canon Law, Can. 925. 1.)

2°. That a subject capable of gaining Indulgences, may really gain them, he must have the intention, at least a general intention of gaining them, he must perform the prescribed works at the stated time and in a due manner, according to the terms of the concession. (Can. 925. 2.)

3°. A Plenary Indulgence is understood to be granted in such a way that if a person cannot gain it in full, he can gain it partially, according to his dispositions.

4°. Unless otherwise stated in the concession, the Indulgences granted by a Bishop can be gained by his subjects outside his territory, and by non-subjects within his territory. (Can. 927.)

5°. A Plenary Indulgence can be gained only once in the day (unless otherwise stated), even though the prescribed work is performed several times. A Partial Indulgence may be gained often in the day by the repetition of the prescribed work, unless otherwise stated. (Can. 928. 1, 2.)

6°. When a visit to a non-determined church or public oratory is prescribed for gaining an Indulgence, those who live in common in a religious house or institution, for the purpose of perfection or education or health (where there is no church or public chapel constituted with the consent of the Ordinary), as well as those living in same place to serve, can visit the chapel of their house or institution, in which

N.B.—1. All the Indulgences mentioned in this book are applicable to the Souls in Purgatory, except those granted for the moment of death or those marked by an asterisk—thus *.

N.B.—2. Usually Confession, Communion, visit to a church, prayers for the Pope's intentions, are prescribed for gaining Plenary Indulgences. In the following pages this is indicated by the following words—"Confess.," "Com.," "Prayers," "visit," as may be required.

they can, by law, satisfy the obligation of hearing Mass, provided they perform the other works in the prescribed manner. (Can. 929.)

7°. No one gaining Indulgences can apply them to the living. But all Indulgences granted by the Roman Pontiffs are applicable to the Souls in Purgatory, unless otherwise stated. (Can. 930.)

8°. When a visit to a church, etc., is prescribed for gaining an Indulgence, attached to a particular day, the visit may be made from noon of the preceding day till midnight of the prescribed day. (Can. 923.)

9°. Indulgences attached to beads or other objects cease only when the beads or other objects are destroyed or sold. (Can. 924. 2.)

10°. Confession is not usually prescribed for gaining a partial Indulgence; with "a contrite heart," or in the state of grace is the usual condition.

11°. The Confessor can commute, for other works, the pious works prescribed for gaining Indulgences, in cases of those who, owing to legitimate impediment, cannot perform the prescribed works. (Can. 935.)

1. Confession.—1°. If Confession is prescribed for an Indulgence attached to a particular day, it may be made within the eight days immediately before or after that day. 2°. To gain Indulgences attached to pious exercises of a triduum, a week, etc., Confession (and Communion) may be made within the Octave following the completion of the triduum, etc. 3°. The Faithful who are accustomed, unless lawfully impeded, to confess at least twice in the month, or who daily, or almost daily (though they omit Holy Communion a day or two in the week) receive Holy Communion in the state of grace and with the right intention, may gain all occurring Indulgences, without actual confession, otherwise necessary, except Jubilee Indulgences.

2. Communion.—1°. May be made on the day before the day to which the Indulgence is attached, or on the day itself or within the eight days immediately following. 2°. See 2° and 3° above. (Can. 931. 1, 2, 3.)

12°. An Indulgence cannot be gained from the performance of a work already of obligation, unless otherwise stated. A work given as sacramental penance, and already enriched with an Indulgence, can satisfy for the penance and the gaining of the Indulgence. (Can. 932.)

13°. Several Indulgences, from various titles, may be attached to one and the same object or place—but from one and the same work to which, from various titles, Indulgences

are attached, several Indulgences cannot be gained, unless the prescribed work is Confession and Communion, or the contrary is stated. (Can. 933.)

14°. If prayer in general for the Pope's intentions is prescribed for gaining Indulgences, mental prayer, alone, is not enough, but vocal prayer may be selected as one may wish, unless a particular prayer is assigned. (Can. 934. 1.) If a particular prayer is assigned the Indulgences may be gained in whatever language the prayer is said, provided the translation is a faithful one and is approved of as such by the Sacred Penitentiary or one of the Ordinaries of the place where the language of the translation is common. Any addition or diminution or interpolation causes the Indulgence to be lost. (Can. 934. 2.)

The prayers may be said alternately with others, or mentally, while others recite them. (Can. 934. 3.)

15°. The dumb can gain Indulgences attached to public prayers if, along with the other Faithful praying in the same place, they raise their minds and pious affections to God. In case of private prayers, it is enough if they go through the prayers mentally or by signs or merely look over them. (Can. 936.)

THE HOLY TRINITY—TO GOD OR GOD THE FATHER. THE ANGELIC TRISAGION.

I. Holy, Holy, Holy, Lord God of Hosts, Earth is full of Thy Glory. Glory be to the Father, Glory be to the Son, Glory be to the Holy Ghost.

I. 100 days, once a day.

II. 100 days, three times a day, on Sundays and during the Oct. of Trinity Sunday

III. Plenary, once a month, if recited daily for entire month, on usual conditions, Confession and Holy Communion and Prayers for the Pope's intentions.—Clement XIV., June 4, 1769; June 26, 1770. (B.I. 239.)

2. *Gloria Patri*, thrice.

I. 100 days, thrice a day, for saying, morning, noon and evening *Gloria Patri* thrice in thanksgiving to the most Holy Trinity for the graces and privileges granted to most holy Mary, especially in her glorious Assumption into Heaven.

II. Plenary, once a month, if daily recited as above, on usual conditions (Confession, Communion, Prayers).—Pius VII., July 11, 1815. (B.I. 238.)

3. In the Name of the Father and of the Son and of the Holy Ghost. Amen.

I. 50 days every time one makes piously and with contrite heart the Sign of the Cross with above words.

II. 100 days every time, if made with holy water.—Pius IX., July 28, 1863; March 23, 1866. (B.I. 237.)

4. 1°. Most Holy Trinity, Who by Thy grace dost dwell in my soul, I adore Thee. 2°. O Most Holy Trinity, Who by Thy grace dost dwell in my soul, grant that I may love Thee more and more. 3°. O Most Holy Trinity, who by Thy grace dost dwell in my soul, sanctify me. 4°. God the Father remain in me always, as Thou dost remain in Jesus. 5°. Remain in me, O Lord, and be my true joy. 6°. O Holy Spirit, sweet guest of my soul, remain with me and grant that I ever may remain with Thee. 7°. O Mary, obtain that I may live in God, with God, and for God.

300 days each time for each invocation.—S. Penit., April 26, 1921. (B.I. 239a.)

5. My God and my all.

50 days each time.—Leo XIII., May 4, 1888. (B.I. 240.)

6. My God, unite all minds in truth, and all hearts in charity.

300 days each time.—Pius X., May 30, 1908. (B.I. 241.)

7. Teach me, O Lord, goodness, discipline and knowledge, for I have believed in Thy Commandments.

300 days each time for those who instruct or prepare to instruct youth in Christian Knowledge.—Pius X., May 14; September 12, 1908. (B.I. 242.)

8. Blessed be God.

50 days each time said when hearing a blasphemy.—Pius X., November 28, 1903. (B.I. 243.)

9. O Lord, preserve to us the faith.

100 days each time.—Pius X., March 20, 1908. (B.I. 244.)

10. My God, I love thee with my whole heart.

50 days each time.—Benedict XV., July 5, 1918. (B.I. 245a.)

11. My God, I repent with my whole heart, and I profoundly regret having offended Thee, because Thou art the Supreme Good, and I purpose, with Thy assistance, never to offend Thee again.

300 days each time. S. Penit., November 12, 1920. (B.I. 248a.)

12. Eternal Father, I offer Thee the Most Precious Blood of Jesus Christ in satisfaction for my sins and for the wants of Holy Church.

100 days each time.—Pius VII., September 22, 1817. (B.I. 250.)

13. Eternal Father, by the Most Precious Blood of Jesus Christ glorify His Most Holy Name according to the intention and desires of His Adorable Heart.

I. 300 days each time if recited in reparation for blasphemies against the Holy Name of Jesus.

II. Plenary once a month, if said every day during the month. (Confess., Com., Prayers.) Pius X., December 11, 1907; January 27, 1908. (B.I. 251.)

14. Jesus, for Thee I live, for Thee I die; I am Thine in life and in death. Amen.

I. 100 days each time.

II. Plenary once a month, if recited each day during the month. (Confess., Com., Visit, Prayers.)—Benedict XV., December, 3, 1914. (B.I. 254.)

15. Acts of Faith, Hope and Charity.

Any form of words may be used, if, in each case, it expresses the special motive peculiar to the virtue. The following are suggested as short forms:—

Act of Faith.—My God, I believe in Thee, because Thou art Truth itself.

Act of Hope.—My God, I hope in Thee for grace and salvation, because of Thy promises, Thy mercy, and Thy power.

Act of Charity.—My God, I love Thee with my whole heart, because Thou art infinitely good, and for Thy sake I love my neighbour as myself.

I. Seven years and seven quarantines each time.

II. Plenary, once a month, if recited during the month (Confession, Communion, Prayers).

III. Plenary, at point of death, if used frequently during life.—Benedict XIII., Jan. 15, 1728; Benedict XIV., Jan. 28, 1756. (B.I. 258.)

16. Take, O Lord, and receive all my liberty, my memory, my understanding, and my whole will. All I have and possess, Thou hast given me; I give it back to Thee. All belongs to Thee; dispose of it according to Thy good pleasure. Give me only Thy love and Thy grace, and I am rich enough; I ask for nothing more.

300 days once a day.—Leo XIII., May 26, 1883. (B.I. 265.)

TO GOD THE HOLY GHOST.

17. Come, O Holy Ghost, fill the hearts of Thy Faithful and kindle in them the fire of Thy love.

300 days each time.—Pius X., May 8, 1907. (B.I. 271.)

18. O Holy Ghost, Divine Spirit of light and love, I consecrate to Thee, my mind, my heart and my will, my whole being, for time and for eternity; may my mind be always docile to Thy heavenly inspirations and to the teaching of the Holy Catholic Church of which Thou art the infallible guide; may my heart be always inflamed with love of God and my neighbour; may my will be always conformed to the Divine Will, and may all my life be a faithful imitation of the life and virtues of Our Lord and Saviour, Jesus Christ, to Whom, with the Father and Thyself, be honour and glory for ever. Amen.

300 days, once a day.—Pius X., June 5, 1908. (B.I. 275.)

PRAYERS TO JESUS CHRIST AND THE INFANT JESUS.

19. Praised be Jesus Christ!—For evermore (or, Amen).

I. 100 days each time that two persons thus salute each other.—Pius X., March 27, 1913.

II. Plenary (see next No.). Same Indulgences for the following salutation—Praised be Jesus and Mary!—Now and for ever.—Pius X., June 26, 1913. (B.I. 277.)

20. Twenty-five days each time that one invokes piously the Holy Name of Jesus. Plenary at the hour of death for those who had the pious habit of saluting by the salutation in No. 19, or of invoking the Name of Jesus, provided that, at that suprememoment, they invoke the Sacred Name in their hearts if they cannot do it with their lips. Same Indulgences (No. 19 and 20) for preachers and others who exhort the Faithful to these pious habits.

Sixtus V., Benedict XIII. Clement XIII., September 5, 1759. (B.I. 278.)

21. 300 days each time to the Faithful who invoke, piously, with their lips, or at least in their hearts, the Holy Names of Jesus and Mary.

Pius X., September 18, October 10, 1904. (B.I. 279.)

22. Seven years and seven quarantines each time the Names of Jesus, Mary, and Joseph are invoked together.

Plenary once a month if invoked each day (Confession, Communion).

Pius X., June 8, 16, 1906. (B.I. 280.)

23. My Jesus, mercy.

300 days each time.—Pius X., May 20, 1911. (B.I. 281.)

24. Jesus, my God, I love Thee above all things.

50 days each time, for reciting or exhorting others to recite it.—Pius IX., May 7, 1854. (B.I. 282.)

25. Sweetest Jesus, be to me not a Judge, but a Saviour.

I. 50 days each time.—Pius IX., August 11, 1851.

II. Plenary on July 20 (Feast of St. Jerome Aemilan) or during the octave, for those who, during the whole year, shall recite this prayer at least once a day (Confession, Communion, Visit, Prayers).—Pius IX., November, 29, 1853. (B.I. 283.)

26. Grant me, O Lord, to know Thy Will and to accomplish it.

300 days each time.—S. Penit., January 20, 1921. (B.I. 285a.)

27. Most clement Jesus, Thou alone art our salvation, our life, our resurrection; therefore, we beseech Thee, do not abandon us in our anguish and our tribulation; but by the agony of Thy Most Sacred Heart, and by the sorrows of Thy Immaculate Mother, assist Thy servants whom Thou hast redeemed by Thy Precious Blood.

100 days once a day.—Pius IX., October 6, 1870. (B.I. 293.)

28. O Jesus, Life Eternal in the Bosom of Thy Father, Life of souls created to Thy image, make known—reveal Thy Heart.

300 days each time.—Benedict XV., July 8, 1915. (B.I. 287.)

29. Jesus Christ, Son of the Living God, Light of the world, I adore Thee, I live for Thee, I die for Thee.

100 days once a day.—Pius X., July 1, 1909. (B.I. 288.)

30. O Jesus, friend of children, bless the children of the whole world.

100 days.—Benedict XV., January 9, 1920. (B.I. 300a.)

31. O Jesus Christ, Our Lord, we have recourse to Thee; O Holy God, Great God, Immortal God, have pity on us and on the whole human race, purify us from our faults and from our weaknesses, by Thy Divine Blood. Amen.

My Jesus, I believe in Thee, I hope in Thee, I love Thee, I give myself to Thee. My most holy Mother, help me to have confidence in you.

When then, O Jesus, shall I behold Thy Face? O Mary, thou art my strength, my deliverance, my peace, my salvation.

300 days each time.—Benedict XV., December 21, 1916; April 20, 1917. (B.I. 291.)

32. Litany of the Holy Name of Jesus.

300 days once a day.—Leo XIII., January 16, 1886.—(B.I. 305.)

TO THE HOLY FAMILY.

33. Grant, O Lord Jesus, that we may always imitate the example of Thy Holy Family, so that at the hour of our death the glorious virgin, Thy Mother, and St Joseph, coming to our aid, we may merit to be received by Thee into the eternal mansions.

200 days once a day.—Leo XIII., March 25, 1897. (B.I. 298.)

TO JESUS IN THE MOST HOLY SACRAMENT.

34. Jesus my God, I adore Thee here present in the Sacrament of Thy Love.

I. 100 days each time that one makes, in these words or others, an act of adoration, genuflecting before the Blessed Sacrament in the Tabernacle.

II. 300 days each time for same before Blessed Sacrament exposed.—Pius X., June 28, 1908. Benedict XV. extended the concession to every act of adoration, whatever the words used.

May the Most Holy Sacrament be every moment praised and thanked.

I. 300 days each time.

II. Plenary once a month, if recited each day during the month (Confession, Communion, Prayers).—Pius X., April 10, 1913. Benedict XV., April 15, 1915.

For making an exterior sign of homage and adoration when passing a church or chapel where the Blessed Sacrament is kept.

100 days each time.—Pius X., June 28, 1908. (B.I. 306.)

35. O Jesus in the Most Holy Sacrament, have mercy on us.

300 days each time.—Pius X., May 20, 1911. (B.I. 307.)

36. My Lord and my God.

I. If said with faith, piety and love, looking on the Sacred Host at the Elevation, or during Solemn Exposition, seven years and seven quarantines.

II. Plenary once a week, when one has performed each day this pious exercise and piously received Holy Communion. The blind can also gain this Indulgence.—Pius X., May 18, June 12, 1907; May 9, 1912. (B.I. 308.)

37. Thou art the Christ, the Son of the Living God.

300 days each time said before the Blessed Sacrament even in the Tabernacle.—S. Penit., January 15, 1920. (B.I. 308a.)

38. Jesus, Good Shepherd, by the Holy Eucharist, bring all men to the Fold of Peter.

300 days each time.—S. Penit., April 15, 1921. (B.I. 309.)

39. Oh my dear Angel, go, I conjure thee, to where my Jesus reposes. Say to that Divine Saviour that I adore Him, that I love Him with all my heart. Invite that adorable Prisoner of Love to come into my heart and fix His abode there. This heart is too small for so great a King, but I wish to enlarge it by love and by faith.

300 days each time, on seeing a church, or when sickness or occupation prevents seeing it —Benedict XV., February 1, 1918. (B.I. 311.)

40. Visit during Forty Hours' Exposition—duly celebrated according to Clementine Instruction.

I. Plenary once during the three days (Confession, Communion, Visit to Blessed Sacrament exposed, Prayers).

II. Ten years and Ten quarantines for every other visit. All altars in church of Exposition and during the Exposition are privileged.—Pius VII., May 10, 1807. Pius IX., November 26, 1876. Pius X., January 22, 1914. (B.I. 660.)

41. Visit to the Altar of Repose on Holy Thursday and Good Friday.

I. Plenary once, for all the Faithful who, during these days, adore the Blessed Sacrament exposed on the Altar of Repose and pray for the Pope's intention; also Confession and Communion on Holy Thursday or Easter. A Decree of the S. Congregation of Rites, December 15, 1896, declares that on the altar where the Most Holy Sacrament is exposed to public adoration and preserved, these days, the burial of Our Saviour and the institution of the Blessed Eucharist should be honoured.

II. Ten years and ten quarantines for every other visit.—Pius VII., March 7, 1815. (B.I. 665.)

42. O Jesus, Who art present in the Most Holy Sacrament, I adore Thee, I long for Thee, come into my heart by Thy grace, while awaiting Thy coming to it by Thy Sacrament.

300 days each time.

II. Plenary once a month, if recited daily (Confession, Communion, Visit, Prayers).—S. Penit., October 2, 1920. (B.I. 314a.)

43. We adore Thee, Most Holy Lord Jesus Christ, here and in all churches in the whole world, because by Thy Holy Cross Thou hast redeemed the world.

I. Seven years and seven quarantines, each time, for all the Faithful who, with at least a contrite heart, shall recite, genuflecting,

this act of adoration, either entering or leaving a church or public or semi-public oratory.

II. Plenary once a month for those who shall have done it at least once a day during the month (Confession, Communion).—Benedict XV., August 8, 1917. (B.I. 310.)

44. Heavenly spirits, angels guardian of our Tabernacles, where reposes the adorable pledge of Divine Love, defend it against the unworthy profaners who would take it away, and preserve it always for our love.

Pius X., July 26, 1906. (B.I. 329.)

45. *Anima Christi.*

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water flowing from the side of Christ, purify me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

Hide me within Thy Wounds.

Never permit me to be separated from Thee.

From the malignant enemy defend me.

At the hour of death call me,

And cause me to come to Thee,

Where, with the Saints and the Angels, I may praise

Thee for everlasting ages. Amen.

I. 300 days each time.

II. Seven years, once a day, if said after Communion.

III. Plenary, once a month, for those who say it at least once a day during the month (Confession, Communion, Prayers, Visit).—Pius IX., January 9, 1854. (B.I. 324.)

46. 300 days each time, for those who visit the Blessed Sacrament and recite in its presence Five *Our Fathers*, *Hail Marys*, and *Glorias*; then one *Our Father*, *Hail Mary*, and *Gloria* for the Pope's intentions.

Pius IX., September 15, 1876. (B.I. 327.)

47. For First Communicants, their Parents, and the Faithful who assist at the ceremony.

I. Plenary for the children on the day of First Communion (Confession, Prayers).

II. Plenary for parents and relatives, to the third degree, if they assist at the ceremony (Confession, Communion, Prayers).

III. Seven years and seven quarantines for all the Faithful who, with contrite heart, assist at the ceremony.—Pius X., July 12, 1905. (B.I. 655.)

48. One year each time that on hearing the Elevation bell

at the Consecration, in the parochial or conventual Mass, one kneels down and prays, where he is. Two years each time one in the church adores the Blessed Sacrament in the way mentioned.

Gregory XIII., April 10, 1580. (B.I. 657.)

TO THE SACRED HEART OF JESUS.

49. Most Sacred Heart of Jesus, have mercy on us.

Seven years and seven quarantines to the priest and Faithful who add, three times, this invocation to the prayers prescribed after Mass.—Pius X., June 17, 1907. (B.I. 330.)

50. O most merciful Jesus, ardent Lover of souls, I pray Thee by the Agony of Thy most Sacred Heart, and by the sorrows of Thy Immaculate Mother, cleanse in Thine Own Blood the sinners of the whole world who are now in their agony, or are to die this day. Amen.

Agonising Heart of Jesus, have pity on the dying.

I. 100 days each time.

II. Plenary, once a month, if said thrice daily, at three distinct intervals (Confession, Communion, Visit, Prayers).—Pius IX., February 2, 1850. (B.I. 578.)

51. Jesus, meek and humble of heart, make my heart like unto Thine.

300 days each time.—Pius X., September 15, 1905. (B.I. 337.)

52. Sweet Heart of my Jesus, make me love Thee ever more and more.

I. 300 days each time.

II. Plenary once a month, if recited daily (Confession, Communion, Visit, Prayers).—Pius IX., November 26, 1876. (B.I. 333.)

53. Let us, with Mary Immaculate, adore, thank, pray to, and console the most Sacred and well-beloved Eucharistic Heart of Jesus.

I. 200 days each time.

II. Plenary, on the Feast of the Immaculate Conception, if said every day for a year (Confession, Communion, Visit, Prayers).—Pius X., December 19, 1904. (B.I. 346.)

54. Heart of Jesus, I trust in Thee.

I. 300 days each time.

II. Plenary once a month, if said daily (Confession, Communion, Prayers).—Pius X., June 27, 1906. (B.I. 335.)

55. Eucharistic Heart of Jesus, have mercy on us.

300 days each time.—Pius X., December 26, 1907. (B.I. 344.)

56. Eucharistic Heart of Jesus, model of the priestly heart, have mercy on us.

300 days each time.—Pius X., September 11, 1907. (B.I. 349.)

57. Sacred Heart of Jesus, Thy Kingdom Come!

300 days each time.—Pius X., May 4, 1906. (B.I. 351.)

58. Divine Heart of Jesus, convert sinners, save the dying, set free the holy Souls in Purgatory.

300 days each time.—Pius X., July 13; November 6, 1906. (B.I. 338.)

59. O Heart of love, I place all my trust in Thee; for though I fear all things from my weakness, I hope all things from Thy mercies.

300 days each time.—Pius X., June 3, 1908. (B.I. 357.)

60 All for Thee, O Sacred Heart of Jesus.

300 days each time.—Pius X., November 26, 1908. (B.I. 332.)

61. Seven years and seven quarantines for all who visit the image of the Sacred Heart of Jesus exposed for veneration in a church or chapel or on an altar and praying there for the intentions of the Pope.

Pius VI., January 2, 1789. (B.I. 669.)

62. Glory, love and thanks to the most Sacred Heart of Jesus.

I. 100 days each time.

II. 300 days each time this invocation, with the response, "Now and everywhere for ever and ever," is said after the *Gloria Patri*, in the recitation of the Rosary.—Pius X., January 8, 1908. (B.I. 331.)

63. Sacred Heart of Jesus, I believe in Thy love for me.

300 days each time.—Pius X., July 29, 1907; July 18, 1908. (B.I. 334.)

64. May the Sacred Heart of Jesus be known, loved and imitated.

300 days, once a day.—Benedict XV., March 15, 1918. (B.I. 336.)

65. Sweet Heart of Jesus, have pity on us and on our misguided brethren.

100 days each time.—Pius X., August 13; November 13, 1908. (B.I. 339.)

66. Sacred Heart of Jesus, protect our families.

I. 300 days each day.

II. Plenary once a month, if recited each day (Confession, Communion, Visit, Prayers).—Benedict XV., June 26, 1918. (B.I. 340.)

67. Praised be the Sacred Heart of Jesus; praised be the Immaculate Heart of Mary.

I. 300 days each time, for each of these invocations, when the Faithful use them in salutation.

II. Plenary once a month.—Pius X., May 30, 1908; May 2, 1912. (B.I. 341.)

68. Praised be the most Holy Eucharistic Heart of Jesus.

300 days each time.—Pius X., June 12, 1905. (B.I. 342.)

69. Eucharistic Heart of Jesus, increase in us faith, hope and charity.

300 days each time.—Benedict XV., April 17, 1917. (B.I. 343.)

70. Praised be the most Sacred Heart of Jesus, in the Most Holy Sacrament.

100 days each time.—Pius X., June 11, 1914. (B.I. 345.)

71. Eucharistic Heart of Jesus, burning with love for us, inflame our hearts with love for Thee.

200 days each time.—Leo XIII., February 6, 1899. (B.I. 347.)

72. Praised and blessed be the Sacred Heart of Jesus, and the Precious Blood of Jesus in the Most Holy Sacrament of the Altar.

300 days each time.—Pius X., August 25, 1908. (B.I. 348.)

73. Praised, adored, loved and thanked, be at every moment the Eucharistic Heart of Jesus, in all the Tabernacles of the world, to the end of the world. Amen.

100 days, once a day.—Pius IX., February 29, 1868. (B.I. 350.)

74. Sacred Heart of Jesus, comforted by an angel in Thy Agony, comfort us in our agony.

300 days each time.—S. Penit., June 26, 1920. (B.I. 354a.)

75. Heart of Jesus, source of all purity, have pity on us.

I. 300 days each time.

II. Plenary once a month, if recited each day (Confession, Communion, Prayers).—Benedict XV., May 16, 1919. (B.I. 358.)

76. Those who assist devoutly on the feast of the Sacred Heart at the recital of the Act of Consecration and Litany of the Sacred Heart, ordered by Pius X. to be said before the Blessed Sacrament exposed, may gain an Indulgence of seven years and seven quarantines. If they have also Confessed and received Holy Communion, they may gain a Plenary Indulgence.

Pius X., August 22, 1906. (B.I. 673.)

77. Consecration of families to the Sacred Heart. On the day the Consecration is carried out—

Seven years and seven quarantines for all the members of the family who assist devoutly at the ceremony. The same may gain a Plenary Indulgence (Confession, Communion, Visit, Prayers.)

On the anniversary of the Consecration—

300 days for those who take part in the renewal in the prescribed form. Plenary on same conditions (Confession, Communion, Visit, Prayers).—S. Penit., February 26, 1918. (B.I. 675.)

78. Blessed for ever be the most Loving Heart and most

Sweet Name of Our Lord Jesus Christ, and of the most glorious Virgin Mary, His Mother.

I. 300 days, once a day.

II. Plenary, once a month, if recited each day (Confession, Communion, Visit, Prayers.)—Pius X., December 2, 1905. (B.I. 360.)

79. Lord Jesus, most clement Saviour of the world, we ask of Thee, beseeching Thee by Thy Sacred Heart, that all the straying sheep may return now to Thee who art the Pastor and Bishop of their souls—Thou, Who being God, livest and reignest with God the Father in the unity of the Holy Ghost for ever and ever. Amen.

300 days each time.—Pius X., November 22, 1905. (B.I. 362.)

80. Litany of the Sacred Heart.

300 days once a day.—Leo XIII., April 2, 1899. (B.I. 377.)

JESUS, SUFFERING AND DYING.

81. Salutation of the Cross.—The Cross is my certain salvation ; the Cross I shall always adore ; the Cross of the Lord is with me ; the Cross is my refuge.

300 days once a day. Pius IX., January 21, 1874. (B.I. 379.)

82. Lord, I thank Thee for having died on the Cross for my sins.

300 days once a day.—Benedict XV., January 18, 1918. (B.I. 382a.)

83. We adore Thee most holy Lord Jesus Christ, we bless Thee, because by Thy Holy Cross Thou hast redeemed the world.

100 days once a day.—Leo XIII., March 4, 1882. (B.I. 380.)

84. *En Ego.*

Behold, O good and most sweet Jesus, I cast myself upon my knees, in Thy sight, and with all the fervour of my soul I pray and beseech Thee to vouchsafe to impress upon my heart lively sentiments of Faith, Hope, and Charity, with true sorrow for my sins, and a most firm purpose of amendment, while with great affection and grief of soul, I ponder within myself and mentally contemplate Thy five Wounds, having before my eyes what Thou didst say of Thyself, O good Jesus, by the Prophet David, "They have pierced My hands and My feet ; they have numbered all My bones." (Ps. xxi. 17, 18.)

Plenary if said before any representation of Christ Crucified (Confession, Communion, Prayers). (Pius IX., July 31, 1858.) (B.I. 384.)

85. The Chaplet of the Most Precious Blood. Consists of seven mysteries, in which we meditate on the seven times in which Jesus Christ shed His Blood for us (Circumcision, Agony, Scourging, Crowning with Thorns, Carrying the Cross, Crucifixion, Sacred Side pierced with the spear). At each of the first six mysteries five *Our Fathers* and one *Gloria* are said, at the seventh we say three *Our Fathers* and one *Gloria*, making thus 33 *Our Fathers* in memory of the 33 years of Our Lord's life. Beads must be duly blessed. Those incapable of meditating can gain the Indulgences by saying the 33 *Our Fathers*.

Seven years and seven quarantines once a day for those who recite the Chaplet. Fifty days for each *Our Father* and each *Gloria* when we say them on a duly blessed chaplet of thirty-three beads.

Plenary once a month for those who recite it each day during the month.—Pius VII., October 18, 1815; Gregory XVI., July 5, 1843; Leo XIII., September 18, 1893; Pius X., December 13, 1909. (B.I. 396.)

OUR BLESSED LADY.

86. *Angelus* and *Regina Coeli*.

I. Plenary once a month, one day at choice, to all the Faithful who, each day, at the sound of the bell—morning, or noon, or evening—say, on their knees, the *Angelus*, etc. (Confession, Communion, Prayers).

II. 100 days on all the other days.

The *Angelus* is said kneeling except from Saturday evening to Sunday evening inclusive, and on Saturdays in Lent, when it is said standing. The *Regina Coeli* replaces the *Angelus* during Paschal Time. A sufficient cause excuses from kneeling. (B.I. 428.)

87. Invocation of Name of Mary.

25 days every time.—Clement XIII., September 5, 1759. (B.I. 397.)

88. Sweet Heart of Mary, be my salvation.

I. 300 days each time.

II. Plenary once a month, on day of choice, if recited daily during the month (Confession, Communion, Visit, Prayers). Pius IX., September 30, 1852. (B.I. 398.)

89. Holy Mary, preserve us from the pains of hell.

Holy Mary, our deliverer, pray for us and for the poor Souls in Purgatory.

100 days each time, for each of these prayers.—Pius X., January 22, 1914. (B.I. 399, 400.)

90. Mother of Perpetual Succour, pray for us; or, Our Lady of Perpetual Succour, pray for us.

100 days each time, for either form.—Pius X., January 29, 1914. (B.I. 401.)

91. My Mother, my confidence.

300 days each time.—Benedict XV., January 3, 1917. (B.I. 402.)

92. Mother of Mercy, pray for us.

100 days each time.—Benedict XV., July 26, 1919 (B.I. 402a.,

93. Blessed be the Holy and Immaculate Conception of the Blessed Virgin Mary, Mother of God.

300 days each time. Leo XIII., September 10, 1878. (B.I. 403.)

94. Our Lady of the Sacred Heart, pray for us.

100 days each time.—Pius X., July 9, 1904. (B.I. 405.)

95. In thy Conception, O Virgin Mary, thou wast Immaculate. Pray for us to the Father, Whose Son, Jesus, conceived by the operation of the Holy Ghost, thou didst bring forth.

100 days each time.—Pius VI., November 21, 1793. (B.I. 404.)

96. Jesus, Mary, and thou O Good St. Joseph, bless us now and in the hour of our agony.

50 days each time.—Pius X., June 9, 1906. (B.I. 407.)

97. *The Memorare*: Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession was left unaided. Inspired with this confidence, I fly unto thee, O Virgin of Virgins, my Mother, to thee I come, before thee I stand sinful and sorrowful; O Mother of the Word Incarnate, despise not my petitions, but in thy clemency hear and answer me. Amen.

I. 300 days every time.

II. Plenary once a month (Confession, Communion, Visit, Prayers).—Pius IX., December 11, 1846. (B.I. 430.)

98. Twelve Saturdays immediately before the Feast of the Immaculate Conception. If some time be spent in vocal or mental prayer in honour of the Immaculate Conception, a Plenary Indulgence may be gained each Saturday.

Confession, Communion, Prayers.

Pius X., November 26, 1908. (B.I. 761.)

99. Jesus, Mary and Joseph, I give you my heart and my soul;
Jesus, Mary and Joseph, assist me in my last agony;
Jesus, Mary and Joseph, may I breathe forth my soul
with you in peace.

300 days each time for the three. 100 each time for reciting one of them.—Pius VII., April 27, 1807. (B.I. 406.)

100. O Mary, bless this house where thy name is always invoked. Praised for all time be Mary Immaculate, ever Virgin, blessed among women, Mother of Our Lord Jesus Christ, Queen of Paradise.

300 days each time.—Pius X., March 21, 1905 (B.I. 408.)

101. Virgin Mary, Our Lady of the Most Blessed Sacrament, glory of the Christian people, joy of the Universal Church, salvation of the world, pray for us, and stir up in all the Faithful devotion to the Most Holy Eucharist, so that they may render themselves worthy of receiving It every day.

Pius X., December 9, 1906; January 23, 1907. (B.I. 409.)

102. Mary, Our Hope, have pity on us !

300 days each time.—Pius X., January 8, 1906. (B.I. 410.)

103. Our Lady of Compassion, Mother of all Christians, pray for us.

300 days each time it is recited—especially for the conversion of dissenting Christian Churches.—Pius X., June 27, 1907. (B.I. 411.)

104. Mother of love, of sorrow and of mercy, pray for us.

300 days each time.—Pius X., May 30, 1908. (B.I. 412.)

105. Our Lady of the Most Holy Sacrament, pray for us.

300 days each time.—Pius X., December 30, 1905; January 10, 1906. S. Penit., February 21, 1922. (B.I. 413.)

106. Our Lady of Lourdes, pray for us.

300 days each time.—Pius X., June 23, 1902; November 9, 1907. (B.I. 414.)

107. Our Lady of Good Studies, pray for us.

300 days once a day.—Pius X., May 22, 1906. (B.I. 415.)

108. Virgin Mary, Mother of Jesus, grant that I may become holy.

100 days each time. Benedict XV., June 21, 1913. (B.I. 419a.)

109. Queen of the most holy Rosary, pray for us.

100 days each time.—Benedict XV., October 1, 1915. (B.I. 420.)

110. O Mary, my Mother, preserve me to-day from mortal sin. *Three Hail Marys.*

200 days once a day, when these prayers are said morning and evening.—Leo XIII., February 8, 1900. (B.I. 421.)

111. O Mary, conceived without sin, pray for us who have recourse to thee.

100 days once a day.—Leo XIII., March 15, 1884. (B.I. 424.)

112. The Miraculous Medal.

Plenary on the day one first receives the medal, duly blessed (Confession, Communion), also on Easter Sunday and the Feast of the Immaculate Conception. (Confession, Communion, Prayers, Visit to a church dedicated to Our Lady, or the parochial church)—Brief, September 30, 1895. Also, Pius X., June 6, 1904, granted to all the Faithful who wear the medal 100 days each time they say, with contrite heart, the aspiration as in preceding No. 111. (B.I. 911.)

113. Litany of Loreto.

I. 300 days each time.

II. Plenary for those who recite it daily, on the principal Feasts of Our Lady—Immaculate Conception, Nativity, Annunciation, Purification, Assumption (Confession, Communion, Visit, Prayers).—Pius VII., September 30, 1817. (B.I. 439.)

114. Chaplet of the Immaculate Conception.

A material Chaplet is not necessary—it may be used. Method of saying: “In the Name of the Father, and of the Son, and of the Holy Ghost. Amen.” Then say three times, “Blessed be the Holy and Immaculate Conception of the Blessed Virgin Mary.” Then one *Our Father*—four *Hail Marys*, one *Gloria*, etc.

I. 300 days every time.

II. Plenary once a month for those who recite it daily during the month (Confession, Communion).—Pius IX., June 22, 1855 (B.I. 440.)

115. Daily prayer to the Immaculate Virgin.

Hail Mary, etc., three times—adding each time the invocation, “By thy Immaculate Conception, O Mary, purify and sanctify my body and soul.”

300 days, morning and evening.—Pius X., December 6, 1904. (B.I. 444.)

116. Hymn: *Stabat Mater*.

100 days each time.—Pius IX., June 12, 1876. (B.I. 448.)

117. Virgin crowned, Mother of Good Counsel, pray for the Church Suffering.

I. 300 days each time.

II. Plenary once a month, if recited during entire month (Confession, Communion, Visit, Prayers).—S. Penit., March 11, 1921. (B.I. 462a.)

118. Rosary of the Seven Dolours.

1°. This Rosary consists of seven divisions, or series of seven beads, in memory of Our Lady's seven sorrows, which should be announced and meditated on while reciting the prayers—One *Pater* and seven *Aves* are said for each division, finishing with three *Aves* to honour our Blessed Lady's tears in her sorrows.

2°. Any reasonable cause would excuse from the meditation—provided the other conditions are fulfilled. In that case all except three of the Indulgences can be gained.

3°. The Chaplet must be duly blessed—and held in the hand while the prayers are being said. When two or more say

the Rosary in common it is sufficient that one should use the beads.

I. Seven years and seven quarantines each time. In addition

II. 100 days for each *Our Father* and *Hail Mary* when the Rosary is said in full

III. 200 days for each *Our Father* and *Hail Mary*, after Confession or with the intention of going to Confession, when the Rosary is recited on Fridays, or any day in Lent, and on the Feast of the Seven Dolours or within its octave.

IV. 200 years for saying it after making an examination of Conscience and going to Confession. (Prayers for Pope's intentions.)

V. Plenary, once a year, for those who say the Rosary four times a week, and who any day they choose devoutly recite the Rosary after having confessed and communicated.

VI. Plenary, once a month, for those who say the Rosary every day during the month (Confession, Communion, Prayers).

VII. Those who carry the Beads on their person and recite it frequently gain an Indulgence of 10 years each time that, after Confession and Communion, they assist at Mass or a sermon, or perform any spiritual or temporal work of mercy, in honour of Our Lord, the Blessed Virgin or any one of their heavenly patrons.—Benedict XIII., September 26, 1724; Clement XII., December 12, 1734; Pius IX., July 18, 1877. (B.I. 887-890.)

ST. JOSEPH.

119. St. Joseph, foster-father of Our Lord Jesus Christ and true spouse of Mary ever Virgin, pray for us.

300 days once a day.—Leo XIII., May 15, 1891. (B.I. 470.)

120. St. Joseph, model and patron of those who love the Sacred Heart of Jesus, pray for us.

100 days once a day.—Leo XIII., December 19, 1891. (B.I. 472.)

121. O Joseph, virgin father of Jesus, most pure spouse of the Virgin Mary, pray for us daily to Jesus, the Son of God, that, armed with the weapons of His grace, we may fight as we ought in life, and be crowned by Him in death.

100 days twice a day.—Pius X., November 26, 1906. (B.I. 469.)

122. Litany of St. Joseph.

300 days once a day.—Pius X., March 18, 1909. (B.I. 487.)

123. To one's Patron Saint.

O heavenly Patron whose name I have the honour to bear pray to God unceasingly for me, strengthen me in faith, fortify me in virtue, protect me in the combat, so that triumphing over the malignant enemy I may obtain eternal glory.

100 days each time (non-applicable).—Pius X., May 2; July 24, 1912. (B.I. 533.)

ANGEL GUARDIAN.

124. O Angel of God, whom God hath appointed to be my guardian, enlighten and protect, direct and govern me, Amen. *or,*

Angel of God, my Guardian dear,
To whom His love commits me here,
Ever this day be at my side,
To light and guard, to rule and guide. Amen.

I. 100 days every time.

II. Plenary on October 2, Feast of the Guardian Angels, if said daily, morning and evening, for a year (Confession, Communion, Visit, Prayers).

III. Plenary once a month (Confession, Communion, Visit, Prayers).

IV. Plenary, at the point of death, if frequently used—Pius VI., Br., October 2, 1795; June 11, 1796; Pius VII., May 15, 1821. (B.I. 467.)

ST. MICHAEL.

125. St. Michael, Archangel, defend us in the battle, that we may not perish in the terrible day of Judgment.

100 days once a day.—Leo XIII., August 19, 1893. (B.I. 468.)

ST. THOMAS.

126. St. Thomas, Patron of Christian Schools, obtain for us from God, together with true knowledge, firm faith, ardent charity, and perfect chastity, through Our Lord Jesus Christ. Amen.

100 days, once a day, when said before teaching or study.—Leo XIII., December 14, 1889. (B.I. 475.)

DIVINE PRAISES IN REPARATION FOR BLASPHEMIES.

127. Blessed be God! Blessed be His Holy Name! Blessed be Jesus Christ true God and true Man! Blessed be the Name of Jesus! Blessed be His Most Sacred Heart! Blessed be Jesus in the Most Holy Sacrament of the Altar! Blessed be the great Mother of God, the Most Holy Virgin Mary! Blessed be her Holy and Immaculate Conception! Blessed be the name of Mary, Virgin and Mother! Blessed be St. Joseph, her most chaste spouse! Blessed be God in His Angels and in His Saints!

I. One year each time.—Pius VII., July 23, 1801.

II. Two years each time when recited publicly after Mass or Benediction of the Blessed Sacrament.—Leo XIII., February 2, 1897.

III. Plenary once a month for those who recite it daily during the month (Confession, Communion, Visit, Prayers).—Pius IX., August 8, 1847. (B.I. 535.)

FOR FIRST COMMUNION OF CHILDREN.

128. O Jesus, Who hast loved us to the unspeakable excess of the Blessed Eucharist, enkindle in us an ardent zeal for Thy glory, that we may, according to our ability, labour to prepare the children for their first Communion. O Eucharistic Heart of Jesus, guard those tender souls from the attacks of the demon, strengthen their faith, increase their charity and enrich them with all the virtues necessary to make them worthy to receive Thee. Amen.

St. John the Baptist, Precursor of the Messiah, prepare the way for Jesus into the hearts of the children. St. Tarcisius watch over the First Communion of Children.

300 days each time.—Pius X., October 21, 1908. (B.I. 540.)

PRAYER FOR PRIESTS.

129. O Lord Jesus, increase the number of Thy priests.

100 days each time.—Pius X., March 11, 1912. (B.I. 548.)

TOTAL ABSTINENCE PLEDGE.

130. Oh God, my Father, in order to show my love for Thee, to make reparation to Thy outraged honour, to obtain the salvation of souls, I firmly purpose not to take, this day, wine or beer or any intoxicating drink. I offer Thee this mortification in union with the Sacrifice of Thine Only Son, Jesus Christ, Who daily offers Himself on the Altar for Thy glory. Amen.

300 days once a day.—Pius X., April 16, 1904. (B.I. 590.)

FOR THE SOULS IN PURGATORY.

131. We beseech Thee, O Lord, come to the aid of the souls detained in the flames of Purgatory, Thou hast redeemed them with Thy Precious Blood.

300 days each time.—Pius X., September 15, 1908. (B.I. 603.)

132. Give them, O Lord, eternal rest, and let perpetual light shine upon them, may they rest in peace.

300 days each time—applicable only to the Souls in Purgatory.—Pius X., February 13, 1908. (B.I. 610.)

133. Sweet Lord Jesus, give them eternal rest.

300 days each time—applicable only to the Souls in Purgatory.—Pius X., March 18, 1909. (B.I. 611.)

134. For the dead—especially when the clock strikes.

O my God, we offer Thee, for the Souls in Purgatory, all the acts of love by which at this hour of the day the Sacred Heart of Jesus has glorified Thee on Earth.

300 days each time.—Pius X. November 14, 1908. (B.I. 612.)

135. All the Faithful who, each day of the month of November, practise in public or in private any pious exercise to aid the Souls in Purgatory, may gain the following Indulgences :

I. Seven years and seven quarantines every day of November.

II. Plenary one day of the month (Confession, Communion, Visit, Prayers). Leo XIII., January 17, 1888. (B.I. 827.)

136. Heroic Act of Charity in favour of the Holy Souls.

It *may* be made thus :—O Almighty God, in union with the merits of Jesus and Mary, I offer for the Souls in Purgatory all the satisfactory works of my whole life as well as all that shall be offered for me after my death. I leave the disposal of them in the pure hands of Our Blessed Lady.

Only the satisfactory portion or quality of the works is transferred. The Act may be revoked and does not bind under pain of sin. Indulgences applicable to the Souls in Purgatory are included. The leaving of the disposal in the hands of Our Lady is laudable—but not necessary.

Indulgences and privileges.—For priests, a personal privileged altar every day in the year for all the Masses they offer for the dead. For the Faithful who have made the Act—A plenary Indulgence (applicable only to the Souls in Purgatory) as often as they receive Holy Communion—also a plenary every Monday for those who hear Mass for the Holy Souls (Communion, Visit, Prayers). *All* Indulgences, even that on point of death—can be applied to the Souls in Purgatory, by those who have made the heroic act. For those who cannot hear Mass on Monday, Sunday Mass will do. In case of children who have not made First Communion, and of others who cannot communicate, the Bishop can give confessor power to commute the Communion for some other pious work.

Benedict XIII., August 23, 1728; Pius VI., December 12, 1788; Pius IX., September 30, 1852; November 20, 1854; Leo XIII., December 19, 1885. (B.I. 829-831.)

137. On the Feast of All Souls, a Plenary Indulgence can be gained every time (Confession, Communion, Visit, Prayers) that the Faithful visit a church or public chapel or semi-public oratory and even a domestic chapel for those dwelling in the house where it is. The Indulgence is applicable only to the Souls in Purgatory. Visits may be made from noon of 1st November till midnight of 2nd November.

Pius X., June 25, 1914. (B.I. 825.)

FOR DYING SINNERS.

138. My God, I offer Thee all the Masses that are being celebrated to-day in the whole world, for sinners who are in their agony and are to die this day. May the Precious Blood of Jesus, Redeemer, obtain mercy for them.

300 days each time.—Pius X., December 18, 1907. (B.I. 262.)

FOR A GOOD DEATH.

139. Blessed are the dead who die in the Lord! O my God, it is certain that I shall die, but I know not when, or how, or where I shall die. All that I know is that if I die in the state of mortal sin I shall be lost for ever. Blessed Virgin Mary, Holy Mother of God, pray for me, a sinner, now and at the hour of my death. Amen.

300 days each time.—Pius X., December 24, 1905; January 12, 1906. (B.I. 585.)

140. My Lord and my God, from this moment I accept with a submissive heart, the kind of death Thou shalt please to send me, with all its pains, penalties and sorrows.

I. Plenary in *art. mortis* (moment of death) for anyone who, once during life, any day of his choice—after Confession and Holy Communion, shall have made with true love for God this Act of resignation.—Pius X., March 9, 1904.

II. Seven years and seven quarantines once each month for renewing this act.—Benedict XV., November 16, 1916. (B.I. 588.)

MENTAL PRAYER, ETC.

141. (1°) Plenary Indulgence once a month, to all the Faithful who make mental prayer devoutly for half an hour or at least a quarter of an hour (Confession, Communion, Prayers). (2°) Seven years and seven quarantines each time for those who, in a church or elsewhere in public or in private, teach others to meditate, or themselves learn to meditate (Confession and Communion, each time). (3°) Plenary Indulgence once a month for those who assiduously teach or learn how to meditate (Confession, Communion, Prayers).

Benedict XIV., December 16, 1746. (B.I. 794.)

ASSISTING AT A SERMON, ETC.

142. Assistance at a sermon or explanation of the Gospel.

I. Seven years each time the Faithful assist at the explanation of the Gospel in their Parish Church on Sundays and great festivals.

II. Plenary on Feasts of Christmas, Epiphany, Easter, Pentecost, St. Peter and Paul, for those who have previously assisted as above (Confession, Communion).—Benedict XIV., July 31, 1756; Pius VI., December 12, 1784. (B.I. 796.)

PIOUS READING OF THE GOSPEL.

143. Pious reading of the Gospel.

300 days once a day, if read for a quarter of an hour.

Plenary once a month for those who have done so daily during the month (Confession, Communion, Prayers).—Leo XIII., December 13, 1898 (B.I. 797.)

KISSING A BISHOP'S RING.

144. An Indulgence of fifty days each time may be gained by all the Faithful who, with piety and a contrite heart, kiss the Ring of a Cardinal, Archbishop or Bishop.

Pius X., March 18. 1909. (B.I. 800.)

APOSTOLIC INDULGENCES.

145. The Apostolic Indulgences are those granted by the Pope to the Faithful who have an object of piety blessed by him (chaplet, cross, crucifix, statue, medal) and who perform the prescribed works of piety.

Only chaplets, rosaries, crosses, or crucifixes, statuettes, medals can receive these Indulgences. They must be of solid material, not fragile—effigies of saints must be of saints canonised or in approved martyrologies. The object must be carried on the person or kept piously at home. The objects must be blessed by the Pope or by a priest having the faculties to bless them. Other Indulgences attached to the works or prayers above prescribed may be gained at one and the same time as the Apostolic Indulgences.

The last list of Apostolic Indulgences was issued by Pius XI., 17th February, 1922. Usual conditions are required. These include a Plenary Indulgence at the hour of death—also many other Plenary Indulgences :—For habitual saying of the Rosary, even the third part ; Canonical Hours, Little Office of the B.V.M., Office for the Dead, etc., teaching Christian Doctrine, visiting sick in hospitals, or prisoners, hearing Mass or saying Mass, helping the poor, etc. Plenary Indulgence on nearly all the principal Feasts of the year.

Partial Indulgences.—Seven years and seven quarantines for same works and praying for some time with a contrite heart for the Pope's intentions. Five years and five quarantines each Sunday and Holiday of Obligation ; 500 days every other day of the year, same conditions. Also Partial Indulgences for saying *Angelus* or *Regina Coeli* at usual time, etc. (for full list see **Beringer I. 850-859.**)

THE WAY OF THE CROSS.

146. Whoever practises with devotion the holy exercise of the Way of the Cross, meditating on the Passion of Our Lord, can gain, by the concession of the Sovereign Pontiffs, the same Indulgences he would gain by visiting in person the Stations of the Way of the Cross in Jerusalem or the Holy Places in Jerusalem. All are applicable to the Souls in Purgatory.

Benedict XIV., August 30, 1741, and several other Popes.
(B.I. 747-755.)

CRUCIFIXES INDULGENCED FOR THE WAY OF THE CROSS.

147. All who are legitimately prevented from making the Stations of the Cross in the place where they are erected, can gain the same Indulgences if they hold in their hand, a Crucifix blessed (by a priest having faculties) especially for that purpose, and recite twenty times, with piety and contrition, the *Our Father*, *Hail Mary*, and *Glory be to the Father*, at the same time meditating or thinking on the Passion of the Saviour.*

Leo XIII., January 19, 1884; S. Penit., December 14, 1917.
A.S.S. X. 38, et seq.

Persons so ill as to be unable to say the twenty *Paters*, etc., can gain the Indulgences, while using the Crucifix, by saying an Act of Contrition—then, “We beseech Thee, therefore, assist Thy servants whom Thou hast redeemed by Thy Precious Blood.” Then saying, at least with the heart, three *Paters*, *Aves* and *Glorias*, while someone recites them with them, meditating on the Passion of the Saviour or recalling it to mind while saying the prayers. Confessor can commute these prayers—but always requiring the Crucifix and piously thinking of the Passion.

These Crucifixes can be lent to others or inherited, but not sold.

Leo XIII., September 9, 1890. Rescript., November, 1911.
(B.I. 863-877.)

*1° Crucifixes, not of fragile material, duly blessed.

2° Legitimately excused are:—The sick, prisoners, the Faithful on sea or in infidel countries or on a journey, living at a considerable distance from a church where Stations are erected, or if visit to Stations is physically impossible, or would cause an notable inconvenience

THE ROSARY OF THE BLESSED VIRGIN. CROZIER INDULGENCES.

148. Rosary Beads blessed by a priest having faculties.

500 days for each *Our Father* and each *Hail Mary*—even when one says only one *Pater* and *Ave*. No meditation on the mysteries is necessary.

These Indulgences can be gained simultaneously with other Indulgences that may be attached to the Beads.—Leo X., August 20, 1516; Gregory XVI., July 13, 1845; Pius IX., January 9, 1848; Leo XIII., March 15, 1884; Pius X., October 13, 1913. (B.I. 885-886.)

THE CHAPLET OF ST. BRIDGET.

149. This Chaplet is in honour of the Blessed Virgin, and in memory of the sixty-three years she is said to have lived on earth. It is composed of six decades—each consisting of one *Our Father*, ten *Aves*, one *Credo*. Another *Pater* is added to make seven, in honour of the seven sorrows and seven joys of Our Lady, and three *Aves* to complete the number of thirty-three years.

A shorter approved form may also be used—five decades each, one *Pater*, ten *Aves*, one *Credo*—nothing is added. (Congreg. Indulg., May 20, 1886.)

No meditation of the mysteries is needed in either form. The beads may have six or five decades, and must be blessed by a priest having the faculties to bless them. Ordinary five decade beads may be used.

I. 100 days for each *Our Father*, *Hail Mary* and *Credo* when the Rosary (at least five decades) is said.

II. Plenary Indulgence once a month for those who say the Rosary every day during the month (Confession, Communion, Prayers).

III. Plenary Indulgence once a year for those who say the Rosary every day during the year (Confession, Communion, Prayers).

IV. Plenary Indulgence on the Feast of St. Bridget (8th October) for those who say the Rosary every week (Confession, Communion, Visit, Prayers.)

V. Plenary Indulgence at the hour of death for those who say the Rosary once a week, if, after Confession and Holy Communion, they invoke the Name of Jesus, at least in their hearts, if they are not able to do so with their lips.

VI. Those who carry the beads on their person gain an Indulgence of 100 days every time that they assist at Mass, or at a sermon, or perform any pious work in honour of Our Lord, the Blessed Virgin or St. Bridget and recite three *Our Fathers* and three *Hail Marys*.—Leo X., July 10, 1515; Clement XI., September 22, 1714; Benedict XIV., January 19, 1743; Leo XIII., January 16, 1886, December 8, 1897. (B.I. 880-883.)

DOMINICAN ROSARY INDULGENCES.

150. Rosary beads must be duly blessed by a priest who has power to impart these Indulgences. Some meditation on the mysteries is necessary. Persons incapable of meditating may gain the Indulgences by saying the Rosary devoutly, but they should try to learn how to meditate. There are Indulgences for all the Faithful and special Indulgences for members of the Rosary Confraternity who say the Rosary. The Beads must be held in the hand and used according to custom. If many join in saying the Rosary it is sufficient for one to use the beads. Meditation on the mysteries in the customary order is necessary. It is not necessary to say the five or fifteen decades without interruption—it is enough if they are said separately within the one day.

Pius X., July 8, 1908.

The meditation on each decade may be made before or after the decade, provided there is meditation for each mystery and that the meditation and vocal prayer immediately succeed each other and are morally one. All the Faithful may gain the following:—

I. Five years and five quarantines each time that a third part of the Rosary (*i.e.*, five decades) is said.

II. 100 days for each *Our Father* and *Hail Mary* when at least five decades are said.

III. Plenary, once a year, for those who recite at least five decades daily during the year (Confession, Communion, Prayers).—Benedict XIII., April 13, 1726.

When several say the Rosary together

I. Ten years and ten quarantines once a day.

II. Plenary, on the last Sunday of each month, when the Rosary is said together at least three times a week (Confession, Communion, Visit, Prayers).—Pius IX., May 12, 1851. (B.I. 891-905.)

MONTH OF MAY.

151. Plenary once during the month or on one of the first eight days of June (Confession, Communion, Prayers).

300 days each day of the month for the Faithful who honour the most Holy Virgin, in public or in private, by special homages, pious prayers, or acts of virtue.

Pius VII., March 21, 1815 ; June 18, 1822. (B I. 764.)

MONTH OF JUNE.

152. Seven years and seven quarantines once a day for all the Faithful who, in public or in private, during the month

of June, honour the Sacred Heart of Jesus by special prayers and pious practices. Plenary once during the month (Confession, Communion, Visit, Prayers) or on any of the first eight days of July, for those who perform this pious exercise in private daily during the month or assist ten times at the public devotions. Plenary each time on the last Sunday of June for all the Faithful, who, after Confession and receiving Communion, visit the church where the month of the Sacred Heart had been celebrated, solemnly, in the prescribed manner and there pray for the intentions of the Pope. Plenary for all who contribute to the solemn celebration, each time they communicate during the month. Five hundred days for each work done to share in the celebration or to propagate it. A privileged altar on the last Sunday of the month for the preachers of the Month of the Sacred Heart and the Rector of the church where they are held.

Pius IX., May 8, 1873 ; Leo XIII., July 21., 1899 ; Congreg. Indulg., May 30, 1902 ; Pius X., February 26, 1908.

N.B.—The solemn celebration requires, as laid down by Pius X., February 26, 1908 : 1° Preaching daily, or at least after the manner of a Retreat, for eight days, closing the last Sunday of June. If the celebration of the month is postponed for a just cause and by permission of the Bishop, the privileges will hold good for the celebration when it takes place. The favours extend equally to the semi-public chapels of seminaries, religious communities and other pious institutes. (B.I. 678.)

MONTH OF OCTOBER.

153. Leo XIII., in 1883 and in subsequent years, exhorted the Faithful to consecrate with special piety and solemnity the whole month of October to the Mother of God, as Queen of the Holy Rosary, to implore the divine assistance in the great tribulations of the Church.

The Decrees of the Sacred Congregation of Rites, August 20, 1885 ; August 26, 1886 ; September 11, 1887, order that each year, on all the days of October, at least five decades of the Rosary—with the Litany of Loreto—be said in all cathedrals and parishes of the world, and in all churches and chapels consecrated to Our Lady, also in all other churches which the Bishop could designate. These prayers should be offered during the Mass—or after mid-day—before the Blessed Sacrament exposed, ending with Benediction of the Blessed Sacrament.

In churches or chapels too poor for Solemn Exposition, private Exposition can be made, with the Bishop's permission. The Indulgences granted on September 18, 1883, and August 20, 1885, were confirmed in perpetuity on July 23, 1898, with the following modifications.

I. Seven years and seven quarantines each day of October, for all the Faithful who, in private or in public in the church, shall recite five decades of the Rosary.

II. Plenary on the Feast of the Rosary, or on one of the days of the Octave, for those who on the Feast and on each of the days of the Octave recite at least five decades of the Rosary (Confession, Communion, Visit, Prayers).

III. Plenary, one day at choice, for those who after the Octave, during October shall, at least on ten days, recite five decades of the Rosary (Confession, Communion, Visit, Prayers). (B.I. 765.)

FEAST OF THE HOLY ROSARY.

154. This Feast is now fixed for 7th October, but the exterior solemnity (with all the Masses) may be celebrated on the first Sunday of October, and, as before, the Indulgences granted to the Feast can be gained that day. The Feast was first instituted by Gregory XIII in memory of the great victory gained by the Christians over the Turks on October 7, 1571. A Decree of the Sacred Congregation of Rites on September 11, 1887, raised the Feast to a double of the 2nd class, extended to the whole Church. Indulgences.—On this Feast all the Faithful can gain a Plenary Indulgence each time that (after having Confessed and received Holy Communion in memory of the victory gained by the Christians over the Turks at Lepanto, 1571, with the aid of the Rosary) they visit (from mid-day of the eve, to midnight of the Feast) the Rosary chapel of a church where the Confraternity of the Rosary has been canonically erected, or a statue of the Queen of the Rosary publicly exposed for veneration in such a church, and pray there for the Pope's intentions.

Pius V., March 5, 1572; Pius IX, April 5, 1869; Leo XIII., July 7, 1885.

Confession for this Indulgence may be made within eight days before the Feast. On the same conditions all the Faithful can gain, once only, a plenary Indulgence, any day they choose within the Octave of the Feast. (B.I. 766.)

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